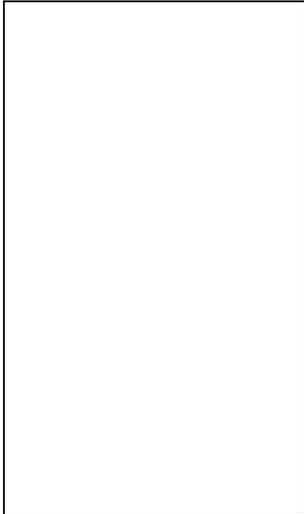


Appendix B

**THE OUTWARD BOUND
TRUST OF KENYA
YOUTH LEADERSHIP DEVELOPMENT DEPARTMENT**



Youth Courses Enrollment Form

(Please attach your photograph in the space provided)

FOR OFFICIAL USE ONLY

Course No.: **Patrol:**
.....

Receipt No: **Date:**
.....



A: PARTICIPANT'S PERSONAL DETAILS:

(Please write block capitals or print clearly).

Surname.....

Other Name(s):.....

Residential Address

.....

Postal Address:..... **Telephone No:**.....,

.....

Date of Birth:.....

Sex:.....

Nationality:.....

Religion.....

School(s) Attended

.....

Education Qualification

.....

Major interest (hobbies, sports, etc): ,

.....

Future intentions:

.....

Any special dietary requirements:

.....

(Vegetarian? Lactose intolerant? No beef? No Pork?etc).

Parent/Guardian/Sponsor's Name

.....

i

**Postal Address:..... Telephone
No:.....**

B: PARTICIPANT'S PERSONAL STATEMENT:

- 1) Why are you interested in an Outward Bound Kenya experience?**

- 2) Have you done any other Outward Bound course before?**
[If yes, please give details].

- 3) Do you have any outdoor education or conservation background?**
[If yes, please elaborate]

- 4) What goals/values do you want to achieve on your Outward Bound Course?**

- 5) Describe yourself in 50 word**

C: CODE OF CONDUCT:

- ? **In order to maintain the highest standards of safety, all students must comply with procedures and outdoor practices as explained by instructors.**

- ? **Every student is a full participant on the course and is integral to the overall experience and success of his/her group. Students are expected to demonstrate their commitment with their honest and best efforts throughout the entire course.**

- ? **A clear head and fast reactions are essential to safety and the success of each course. There will be no use of tobacco, alcohol or drugs for the youth. Any violation of this policy is grounds for immediate dismissal. For adult participants, smoking will be permitted only in the evenings at select sites.**

- ? **All students shall maintain a fundamental respect for the rights and dignity of others. Respect and courtesy shall be emphasized at every opportunity.**

- ? **Outward Bound Courses visit pristine and fragile outdoor environments. Students are guests who must respect and help preserve the natural conditions for resident flora and fauna for other visitors' enjoyment.**

D: PERSONAL DISCLAIMER:

I have read/been briefed and accept the Outward Bound programme. I fully understand its nature and content. I have been passed as medically fit for the course and enclose my Medical Certificate. My signature below indicates a genuine desire on my part to participate in the Outward Bound course and a commitment to the Code of Conduct.

Outward Bound's Commitment:

Outward Bound will ensure that the highest levels of Health and Safety standards are maintained throughout the course. Participants will be guided

and counseled by highly qualified and experienced instructors on all aspects of the programme.

Outward Bound takes full responsibility for accidents incurred by participants while on the course; unless such accidents/injuries occur exclusively or partially due to the negligence or failure to adhere to explicit instructions from the Outward Bound staff. Our staffs undergo a rigorous training in the safety aspects of all Outward Bound operations. They are trained and certified in First Aid, Rescue operations and other advanced life saving skills. They are also great counselors and friends.

Indemnity & Photo Waiver:

I acknowledge that the Outward Bound programme that I am enrolling for has risks; including certain risks which cannot be eliminated without destroying the unique character of this activity. The same elements that contribute to the unique character of this activity can be causes of loss or damage to equipment and property, injury, illness or in extreme cases; permanent trauma, disability or death.

With the knowledge that proper/conventional Medical Care could be miles away from the operation zone of the expedition, I authorize Outward Bound; in the event of any accident or injury; to obtain, provide or otherwise manage any emergency.

By signing this, I undertake to indemnify Outward Bound (the company), its agents or servants (contracted or otherwise) against all costs and claims arising from the damage, loss, death or injury to any person or property during the duration of the course; unless such damage, loss, death or injury shall be proved conclusively to have been caused solely by the professional negligence of the service providers.

I have been made to understand that Outward Bound may from time to time use materials (photographs, audio or video clips ...etc) derived during the course for its own marketing and public campaigns. I hereby consent to Outward Bound use of such materials as long as it is not repugnant to morality and ethics.

Participant's
Signature: _____ **Date:** _

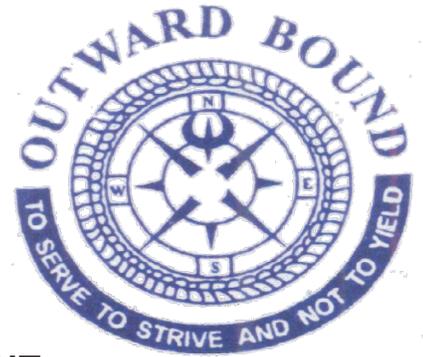
N.B:- To be countersigned by parent if participant is below the age of 18 years.

Parent/Guardian/Sponsor's Signature
Date

[If the participant is below 18 years, this signature serves as legal parental Consent].

Appendix I.

CONFIDENTIAL



**THE OUTWARD BOUND
TRUST OF KENYA
YOUTH LEADERSHIP DEVELOPMENT DEPARTMENT.**

Prospective Participant’s Medical Statement

Dear physician,

Your client has been selected to undertake an Outward Bound Course. To help ensure his/her safety and enjoyment on the Course, it is essential that our field staff be aware of any Medical or other condition that may affect his/her participation. We thus request you to complete this form on your client’s behalf. All information will remain confidential to Outward Bound and/or any other relevant Care, Rescue, Evacuation or Response personnel.

Participant’s Name:.....

Sex:.....

Present School/employment/occupation:
.....

Age: **Height:** **Weight:**
.....

Usual Excise:
.....
.....

History of past illnesses, accidents and/or operations:
.....
.....

Any congenial abnormalities:

.....
.....

Any special conditions such as rupture, varicose, piles fistula, skins disease etc;

.....
.....

Is he/she free from infection: :

.....

STATE OF:

Nervous systems: (e.g. epilepsy, etc.)

.....
.....

Lungs (e.g. T.B. Asthma, etc.)

.....
.....

Heart-pulse rate:..... Heart Sounds

.....

Added sounds or murmurs:..... Blood Pressure:

.....

Digestive system (e.g. ulcers, etc.):

.....

EXAMINATION:

Urine-Alba:

.....

Ear, Nose, and Throat:

.....
.....

State of hands and feet:

.....
.....

Any evidence of malaria: Sickle cells:

.....

Any recent illness with particular reference to respiratory diseases and associated bronchi spasm

.....
.....
.....

Any other diseases/ pertinent Conditions:

.....
.....

Is he/she fit in your opinion to undergo a course involving strenuous physical exertion, including high altitude mountain expedition?:-

.....
.....

DOCTOR / PHYSICIAN'S NAME & SIGNATURE:

.....
.....

ADDRESS:

.....
.....

Appendix J.

THE OUTWARD BOUND TRUST OF KENYA
MT. KILIMANJARO/ MT. KENYA CHALLENGE COURSES

Expedition Clothing and Equipment Checklist

1. Rucksack / Day Pack.
2. Sleeping Bag [Warm 4 season]*
3. Water Bottle.
4. Torch [Head Torch ideal] and Spare Batteries.
5. Pen and Note Book.
6. Pair of Shorts.
7. 2 Pairs Light Weight Trousers [Tracksuit Bottoms ideal].
8. Tevers / Sandals.
9. Lightweight Hiking Boots [GoreTex ideal].
10. 4 Pairs of socks [woolen preferred]
11. 3 T-shirts.
12. 3 Long Sleeved shirts
13. Thermal Underpants.
14. Fleece / Woolen Sweater / Thermal Jacket.
15. Anorak / Cap / Poncho / Rain gear [A MUST].
16. Hat / Baseball Cap.
17. Sun cream & Lip balm.
18. Insect Repellant.
19. Toiletries [Tooth brush, paste, tissue paper...etc].
20. Cup, Spoon, Plate.
21. Camera & Film [OPTIONAL].
22. Tent*
23. Balaclava / Scarf.
24. Gloves / Mittens.
25. Trash bags / Bin line
26. Water purification tablets.
27. First Aid Kit*.
28. Camping Knife [OPTIONAL].
29. Diamox tablets [OPTIONAL]. **

* Outward Bound will provide these items. Individual participants who may not wish to use the Outward Bound standard issue kit may bring their own.

** Some people are genetically prone to Altitude Sickness. Diamox has successfully been used in the past to not only treat Altitude Sickness BUT to also check its onset. Please confirm with your Physician if you intend to be on Diamox.